



UCOOK

Tandoori Beef Meatballs

with crispy lentils & pistachios

Juicy, tender beef meatballs served on a bed of quinoa, crispy lentils, and toasted pistachios – all topped with a homemade cucumber raita. Yum!

Hands-On Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Samantha Finnegan

♥ Health Nut

🍷 Warwick Wine Estate | Three Cape Ladies

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Ingredients & Prep

120G	Lentils <i>drained & rinsed</i>
10g	Pistachio Nuts
1	Onion <i>½ peeled & finely diced</i>
75ml	White Quinoa <i>rinsed</i>
5ml	Vegetable Stock
150g	Free-range Beef Mince
15ml	NOMU Tandoori Rub
4g	Fresh Coriander <i>rinsed & roughly chopped</i>
50g	Cucumber
50ml	Coconut Yoghurt
20g	Dried Apricot <i>roughly chopped</i>
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Tinfoil

1. ROAST THE LENTILS Preheat the oven to 200°C. Place the drained lentils on a roasting tray, coat in some oil, and season. Roast in the hot oven for 20-25 minutes until gorgeously crispy.

2. TOASTED PISTACHIOS Place the pistachios in a large pot over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pot on completion and roughly chop when cool enough to handle.

3. QUINOA TIME Return the pot to a medium heat with a drizzle of oil. Sauté ½ of the diced onion for 2-3 minutes until soft and translucent. Add in the quinoa, vegetable stock, and 200ml of water. Cook for 12-15 minutes until the quinoa is fluffy and the tails have popped out, adding more water if required during the cooking process. On completion, drain any excess liquid from the quinoa and return to the pot. Cover with a lid and allow to stand off the heat for 5 minutes.

4. MEATBALLS! In a bowl, combine the mince, Tandoori Rub (to taste), ½ the chopped coriander, the remaining diced onion and seasoning. Mix to combine and roll into 4-5 meatballs. When the lentils have about 10 minutes to go, add the meatballs to a lightly greased baking tray. Roast in the oven until cooked through, for about 8-10 minutes.

5. RAITA RAZZLE To make the raita, first cut the cucumber in half lengthways. Then, using a teaspoon, remove the pulp from the centre and discard it. Grate the remaining cucumber. In a bowl, combine the grated cucumber with the yoghurt, the remaining chopped coriander, and some seasoning to taste. Set aside for serving. Just before serving, toss ½ of the toasted pistachios (reserving the rest for garnish) and the chopped apricots through the cooked quinoa.

6. SERVE UP! Time to plate up! Make a bed of green leaves and top with some nutty quinoa and the juicy lamb meatballs. Scatter over the crispy lentils and dollop with the cucumber raita. Garnish with the remaining pistachios. Well Done, Chef!

Nutritional Information

Per 100g

Energy	805kJ
Energy	192Kcal
Protein	10.5g
Carbs	22g
of which sugars	4.7g
Fibre	5.2g
Fat	7.1g
of which saturated	2.4g
Sodium	201mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within 3
Days